

# **No More Mr. Nice Guy - Robert Glover (Summary Notes)**

## **1. Introduction:**

- Modern social shifts have created "Nice Guys" who seek approval and avoid conflict.
- Nice Guys believe being "good" will lead to love, needs being met, and a problem-free life, but this strategy often backfires.

## **2. Chapter 1: The Nice Guy Syndrome:**

- Nice Guys hide their flaws and try to be what others want.
- Characteristics: people-pleasing, avoiding conflict, seeking approval, repressing feelings, prioritizing others over self.
- Issues: dishonesty, manipulation, passivity, control, passive-aggressiveness, and rage.

### **a. The Integrated Male:**

- An integrated male accepts all aspects of himself, including strengths, flaws, and imperfections.
- Attributes: self-acceptance, responsibility for needs, integrity, assertiveness, emotional expressiveness, boundary-setting, and leadership.
- Aim is not to become "not nice," but to integrate all parts of oneself.

### **b. Paradigms:**

- Nice Guys operate on a flawed paradigm: "If I hide my flaws and please others, I will be loved."
- A shift in paradigm is necessary to break free from the Nice Guy Syndrome.

### **c. Breaking Free:**

- Key actions: accept flaws, stop seeking approval, prioritize needs, face fears, build integrity, set boundaries, develop healthy relationships, express emotions, and seek help when needed.

### **d. Asking for Help:**

- Nice Guys struggle with asking for help, but doing so is crucial for breaking free. Group support is highly effective in this process.

### 3. Chapter 2: The Making of a Nice Guy

a. **Premise: Nice Guys** grew up receiving messages that it wasn't safe or acceptable to be themselves.

b. **Coping with Abandonment:**

- **Early Years** (birth to age 5) are crucial for emotional development.
- **Abandonment** is a child's greatest fear, as they are entirely dependent on caregivers.
- **Ego-centered thinking** leads children to believe they are the cause of all events, including negative experiences.
- **Examples of Abandonment:**
  - Parents not meeting basic needs (e.g., hunger, affection).
  - Parental anger, neglect, unrealistic expectations, shame, and abuse.
- **Toxic Shame:**
  - Children internalize abandonment as "**something is wrong with me.**"
  - Toxic shame becomes a **core belief** that they are inherently bad.
- **Survival Mechanisms:**
  - Cope with abandonment by developing strategies to:
    1. Manage emotional and physical distress.
    2. Prevent future abandonment.
    3. Hide internalized shame from themselves and others.

c. **Origin of the Nice Guy Paradigm:**

- Nice Guys often describe their childhood as "**perfect**" or ideal, masking toxic shame.
- **Nice Guy progression:** abandonment → toxic shame → survival mechanisms.

**i. Two Types of Nice Guys:**

- **“I’m so bad”** Nice Guy: Exaggerates toxic shame, believes he's inherently bad.
- **“I’m so good”** Nice Guy: Masks toxic shame by believing good deeds make him a good person.

**ii. Social Dynamics (Baby Boom Generation):**

- Post-WWII societal changes contributed to the Nice Guy Syndrome:
  - Transition to industrial economy.
  - Absence of fathers and rise of single-parent homes.
  - Influence of women in the home and educational systems.
  - Feminism suggesting men were unnecessary or bad.

**iii. Soft Males and Boy-Men:**

- Robert Bly’s description: Gentle, eco-conscious, but lacking vitality and masculine energy.

**d. Habits of Highly Ineffective Men:**

- Seeking approval.
- Hiding flaws.
- Prioritizing others over themselves.
- Sacrificing personal power.
- Disassociating from masculine energy.
- Creating unsatisfying relationships.
- Failing to reach potential.

**4. Chapter 3: Learn to Please Yourself - Key Points:**

- a. **Pleasing Others vs. Self:** Nice Guys often try to please everyone but end up pleasing no one, including themselves.

**b. Seeking Approval:**

- Nice Guys struggle to believe they can be loved for who they are due to toxic shame.
- They seek validation through external attachments (e.g., possessions, relationships), which prevents genuine connection.
- Approval from Women:

- Nice Guys view a woman's approval as validation of their worth, often tying their mood to the woman's.
  - This dynamic can create resentment toward women when expectations aren't met, leading to emotional swings.
- c. Hiding Humanity:**
- Nice Guys hide natural aspects of being human (e.g., sexuality, aging, imperfection) through behaviors like lying, deflecting, and projecting an image of perfection.
  - This makes them less relatable and uninteresting to others.
- d. Self-Approval:**
- Focusing on self-approval leads to the intimacy and connection Nice Guys crave.
  - They must practice being themselves, care for themselves, use affirmations, and spend time alone to build self-worth.
- e. Revealing Vulnerabilities:** Safe relationships are essential for Nice Guys to reveal their true selves and overcome shame.
- f. Shedding Old Skin:** By shedding their "Nice Guy" habits and focusing on self-approval, they develop charisma and attract genuine relationships.

## **5. Chapter 4: Make Your Needs a Priority**

- **Nice Guys and Low Maintenance:** They prioritize others' needs and try to appear "needless," making it hard for them to get their own needs met.
- **Needless Appearance:** Nice Guys covertly try to get their needs met, but this behavior stems from unaddressed neediness.
- **Poor Receivers:** Nice Guys struggle with receiving help.
- **Covert Contracts:** Nice Guys operate with unspoken agreements, expecting reciprocity without openly expressing their needs.
- **Caring vs. Caretaking:** Nice Guys caretake to receive the same in return, but this often backfires.

- **Victim Triangle:** Nice Guys give to get, leading to frustration, resentment, and outbursts when expectations aren't met.
- **Becoming Selfish:** It's essential to prioritize one's needs without expecting others to fulfill them.
- **Taking Responsibility:** Mature individuals meet their own needs and ask for help clearly and directly.
- **Abundance Mindset:** Believing in abundance encourages asking for and receiving help.
- **Decision to Put Oneself First:** The hardest but most crucial step.

## 6. **Chapter 5: Reclaim Your Personal Power**

- **Powerlessness Paradigm:** Nice Guys blame others for their problems, feeling powerless in life.
- **Personal Power:** Defined as confidence in handling challenges and adversity, welcoming them as opportunities for growth.
- **Surrender:** Letting go of control helps Nice Guys embrace life's uncertainties and grow.
- **Expressing Feelings:** Powerful men are in touch with their emotions, making them assertive and energized.
- **Facing Fears:** Confronting fears builds confidence, reducing life's perceived threats.
- **Integrity:** True integrity comes from being honest about what you're most afraid to reveal.
- **Setting Boundaries:** Healthy boundaries are a key part of reclaiming power.
- **Adventure Mindset:** Embrace life's unpredictability and enjoy the journey, even when it's challenging.

## **7. Reclaiming Masculinity:**

- **Men Becoming Passive:** Successive generations of men are becoming increasingly passive.
- **Disconnection from Other Men:** Nice Guys often isolate themselves from male companionship, missing out on the benefits of masculine community.
- **Disconnection from Masculinity:** Nice Guys lack masculine energy, which involves creation, protection, and sometimes aggression. Women may be less attracted to them due to this absence.
- **Monogamous to Mothers:** Nice Guys may unconsciously stay emotionally tied to their mothers, hindering healthy individuation.
- **Seeking Women's Approval:** Men who constantly try to please women are often seen as weak and are held in contempt by them.
- **Male Friendships Reclaim Masculinity:** Building relationships with men helps Nice Guys stop seeking validation from women and develop self-confidence.
- **Breaking Maternal Bonds:** Healthy relationships with men help break unhealthy emotional ties with mothers, often caused by absent or passive fathers.
- **Physical Strength Equals Confidence:** Improving physical health and strength builds self-confidence in other areas of life.
- **Seeking Role Models:** Nice Guys should find healthy male role models to emulate.
- **Re-examining Father Relationships:** Accepting fathers as flawed individuals allows Nice Guys to move beyond unrealistic ideals or resentments.

## **8. Chapter 7: Get The Love You Want :**

### **a. Dysfunctional Relationship Patterns of Nice Guys:**

- i. **Balancing Act:** Nice Guys struggle with fear of vulnerability and fear of isolation, leading to relationships that are often their least intimate.
- ii. **Enmeshment & Avoidance:** Two patterns emerge: (1) Enmeshers become overly involved, losing their identity. (2) Avoiders stay emotionally distant. Both patterns block real intimacy.

### **b. Recreating Childhood Patterns:** Nice Guys tend to recreate dysfunctional adult relationships similar to their childhood dynamics.

### **c. Inability to End Relationships:** Instead of leaving unhealthy relationships, Nice Guys often try harder to fix them.

### **d. Success Strategies for Building Healthy Relationships**

- i. **Self-Approval:** Nice Guys must prioritize their desires and live authentically.
- ii. **Setting Boundaries:** Clear boundaries create safety and intimacy. Women feel more secure when their partner can stand up for themselves and the relationship.
- iii. **Focus on the Relationship, Not the Partner:** Partners reflect each other's wounds. Nice Guys should use the relationship to address unresolved issues, rather than trying to fix their partner.
- iv. **Avoid Reinforcing Negative Behaviour:** Stop giving attention to undesirable behaviours, as in dog training.
- v. **Do Something Different in New Relationships:**
  - 1. Avoid choosing partners as "projects."
  - 2. Look for key traits: passion, integrity, happiness, intelligence, sexual assertiveness, financial responsibility, and commitment to personal growth.

3. Delay sexual intimacy to better evaluate the relationship.

## **9. Chapter 8: Get The Sex You Want – Success Strategies for Satisfying Sex:**

- **Nice Guy Syndrome & Sex:**
  - Nice Guys' unresolved shame, fear, and abandonment issues affect their sexual satisfaction.
  - Issues include lack of sex, settling for unsatisfying sex, dysfunction, repression, and compulsive behaviour.
- **Shame & Fear:** Nice Guys struggle to accept their sexuality, leading to avoidance of sexual situations, which prevents them from getting fulfilling sex.
- **Vagiphobia:** A tendency to avoid or rush through sexual experiences, stemming from fear and shame.
- **Being "A Good Lover" Backfires:**
  - Focusing on their partner's pleasure distracts Nice Guys from their own fears and insecurities, leading to less satisfying sex.
- **Hidden Sexual Behaviours:** Nice Guys often hide their sexual urges, leading to secrecy and shame. The more they seek external approval, the deeper they hide.
- **Repressed Life Energy:** Suppressing their desires robs Nice Guys of confidence, making them less sexually attractive to women.
- **Coming Out of the Closet:** To get good sex, Nice Guys must openly confront their sexual shame and fears with supportive people to release repressed energy.
- **Healthy Masturbation:** Encourages Nice Guys to take ownership of their sexual pleasure without shame or guilt. Sharing experiences with others helps diminish shame.
- **Saying "No" to Bad Sex:** Good sex requires both partners to take responsibility for their pleasure. Nice Guys should stop settling for unsatisfying encounters.



- **Confidence Is Key:** Like alpha males in nature, self-confidence and authenticity are the strongest attractors, not trying to be someone else to please others.

## 10. Chapter 9: Get The Life You Want: Discover Your Passion and Purpose:

- **Envisioning an Ideal Life:**
  - Where would you live?
  - How would you spend your leisure time?
  - What kind of work would you do?
  - What would your home and surroundings look like?
- **Challenges for Nice Guys:**
  - **Fear:** Core issue; includes fear of failure and success.
  - **Perfectionism:** Trying to “do it right” stifles creativity and change.
  - **Self-Reliance:** Avoids receiving help and support.
  - **Self-Sabotage:** Fear of failure leads to inaction and excuses.
  - **Distorted Self-Image:** Belief in inadequacy prevents risk-taking and visibility.
  - **Deprivation Thinking:** Scarcity mindset leads to manipulation and resentment, and hinders belief in deserving good things.
- **Overcoming Barriers:**
  - **Accept Yourself:** Embrace who you are to unlock passions and face fears.
  - **Chart Your Own Path:** Take control to shape a fulfilling life.
  - **Identify Self-Sabotage:** Recognize and address behaviors that hinder progress.
  - **Broaden Perspective:** Understand that if others can achieve success, so can you.
  - **Receptivity:** Be open to receiving more and let go of scarcity thinking.
- **Strategy for Success:**
  - **Set Personal Rules:** Define what works for you and establish your own standards.